

Health Education

Health educators are available to develop and present programming for various community groups on a variety of topics. The health education division may also be able to provide educational materials, resources, and referrals upon request. For more information, please contact us...

Office hours: Monday thru Friday, 8:00 AM to 5:00 PM

Phone: (910) 947-3300

Education Spotlight

Whole Grains

All types of grains should be a part of a healthy balanced diet. But grains that haven't been refined called whole grains are even better for you. Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. A whole grain seed contains the germ, endosperm, and bran. Refined grains, such as white rice or white flour, have both the bran and germ removed from the grain. Although vitamins and minerals are added back into refined grains after the milling process, they still don't have as many nutrients as whole grains do, and they don't provide as much fiber. So whenever possible, you should choose whole grains over refined grains.



Examples of Whole Grains

- Barley
- Brown Rice
- Buckwheat
- Bulgur (cracked wheat)
- Millet
- Oatmeal
- Popcorn
- Quinoa
- Rye
- Whole Wheat Bread, Pasta, or Crackers
- Wild Rice

The Benefits of Choosing Whole Grains

Evidence from major studies suggests that eating whole grains instead of refined grains lowers the risk of many chronic diseases. By consuming whole grains you can substantially reduce your risk of stroke, type 2 diabetes, and heart disease. Studies have also shown that choosing whole grains can also help you maintain a healthy weight.

<http://www.wholegrainscouncil.com/>